

In the Claims

Kindly amend the claims as indicated on the immediately following page(s).

### Claims (Amended)

1. (currently amended) A resistance exercise device comprising: (a) an elongate, free-standing, nonbifurcated, substantially cylindrical bar having first and second ends and a center plane therebetween, said center plane intersecting said bar at a center of gravity thereof; (b) first and second handgrips slidably mounted on said bar and disposed equidistant from said center plane wherein said handgrips have a longitudinal axis and can be slidably moved on said bar in a direction parallel to said longitudinal axis of said handgrips; and (c) coupling means housed in recesses in said bar, said coupling means connecting said first handgrip to said second handgrip, said coupling means being operable for maintaining said first and second handgrips equidistant from said center plane when said first and second handgrips are moved in a direction parallel to said longitudinal axis of said handgrips.

2. (currently amended) The resistance exercise device of claim 1 further comprising resistive force attachment means affixed ~~thereto~~ to said first and second ends of said free-standing bar, said resistive force attachment means being operable for removably attaching ~~a resistive force~~ weights to said free-standing bar.

3. (canceled)

4. (currently amended) The resistance exercise device of claim 2 wherein said resistive force attachment means ~~is affixed to said bar at opposing ends thereof and are~~ disposed equidistant from said center plane of said free-standing bar.

5. (canceled)

6. (canceled)

7. (canceled)

8. (currently amended) The resistance exercise device of claim 1 wherein at least one of said handgrips includes adjustable braking means operable for resisting or preventing said handgrip from sliding on said free-standing bar.

9. (original) The resistance exercise device of claim 1 further comprising tubular sleeves rotatably and concentrically mounted on said first and second handgrips.

10. (canceled)

11. (currently amended) The resistance exercise device of claim 1 wherein said free-standing bar has a weight and wherein when an exercisor grasps said first and second handgrips and exerts a force to elevate said free-standing bar, said weight of said free-standing bar provides a resistive force in opposition to said force exerted to elevate said free-standing bar.

12. (currently amended) A resistance exercise device comprising:

- (a) an elongate, nonbifurcated, substantially cylindrical ~~member~~ free-standing bar having a weight, a length, a plurality of grooves in an outer surface thereof and a longitudinal axis coextensive with said length defining an axial direction, said cylindrical ~~member~~ free-standing bar having first and second ends and a center plane therebetween wherein said center plane intersects said cylindrical ~~member~~ free-standing bar at a center of gravity thereof;
- (b) first and second handgrips disposed on said cylindrical ~~member~~ free-standing bar equidistant from said center plane, said first and second handgrips adapted to provide means enabling an exercisor to grasp said cylindrical ~~member~~ free-standing bar; and
- (c) sliding coupling means comprising belts interconnecting said first and second handgrips, said belts disposed within said grooves in said free-standing bar, said coupling

means being operable for enabling said first and second handgrips to be moved relative to each other in said axial direction while maintaining said first and second handgrips equidistant from said center plane.

13. (currently amended) The resistance exercise device of claim 12 wherein when an exercisor grasps said first and second handgrips and exerts a force to elevate said cylindrical ~~member~~ free-standing bar, said weight provides a resistive force in opposition to said force exerted to elevate said cylindrical ~~member~~ free-standing bar.

14. (currently amended) The resistance exercise device of claim 12 wherein said cylindrical ~~member~~ free-standing bar further comprises weight attachment means adjacent to said first and second ends and equidistant from said center plane, said weight attachment means being operable for removably attaching weights to said cylindrical ~~member~~ free-standing bar.

15. (canceled)

16. (currently amended) The resistance exercise device of claim 12 wherein said cylindrical ~~member~~ free-standing bar further comprises braking means operable for resisting or preventing movement of said first and second handgrips in said axial direction.

17. (canceled)

18. (new) A resistance exercise device comprising: (a) an elongate, free-standing, nonbifurcated, substantially cylindrical bar having first and second ends and a center plane therebetween, said center plane intersecting said bar at a center of gravity thereof; (b) first and second handgrips slidably mounted on said bar and disposed equidistant from said center plane wherein said handgrips have a cylindrical inner bore having a bore surface abutting and overlying said free-standing bar, said bore having a longitudinal axis, said

handgrips being slidably movable on said bar in a direction parallel to said longitudinal axis of said handgrips; and (c) coupling means attached to said bore surface of said handgrips, said coupling means connecting said first handgrip to said second handgrip, said coupling means being operable for maintaining said first and second handgrips equidistant from said center plane when said first and second handgrips are moved in a direction parallel to said longitudinal axis of said handgrips.